

Mousse a la Banana

Makes: 4 servings

Ingredients

2 tablespoons milk (low-fat, 1%)

4 teaspoons sugar

1 teaspoon vanilla

1 banana (medium, cut into quarters)

1 cup yogurt (plain, low-fat)

8 banana slices (1/4 inch)

Directions

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.

2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.

Source: US Department of Health and Human Services, A Healthi

Nutrition Information

| Nutrients | Amount |
|-----------------------------|--------------|
| Calories | 100 |
| Total Fat | 1 g |
| Saturated Fat | 1 g |
| Cholesterol | 5 mg |
| Sodium | 45 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 1 g |
| Total Sugars | 15 g |
| Added Sugars included | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |
| N/A - data is not available | |